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VOL-1 ISSUE - 27 OCT 15-21, 2021

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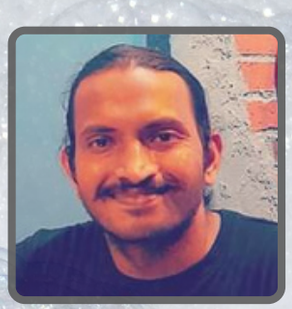

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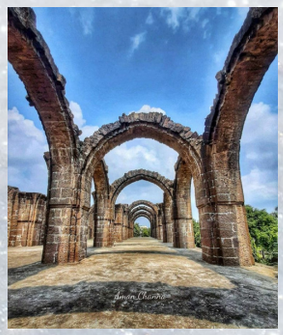

Amazing To Know

Art Liberator of KOCHI

TANYA ABRAHAM

IN CONVERSATION WITH

ALICEN JACOB

CULTURAL eMAGAZINE
INK OCHI
FIRST OF ITS KIND FROM KERALA

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Editor's Note

Art Therapy

Art is a way to express yourself, to work through feelings, and to create, which is something a lot of humans value doing. So it makes sense that it could be good for mental health.

Art therapy is when you use art as a form of therapy. It means doing art to better your mental health, and perhaps to work through something you're struggling with.

And really, that's all it is. Art therapy doesn't have to be any more complex than that.

One of the best benefits of art therapy is that skill level doesn't matter. You can absolutely suck at drawing, and still have a good time with art therapy. The final product doesn't matter: it's the act of making it that counts.

Lastly, art therapy is often done with a therapist. And this can be a great way to do it, because they can help you figure out whatever you need to. But you don't have to do it with a therapist. You can do it by yourself, in a group, or even with loved ones.

Happy Reading...!!
Varghese T. Thomas

amazing to know

PC & Text: Aman Channa

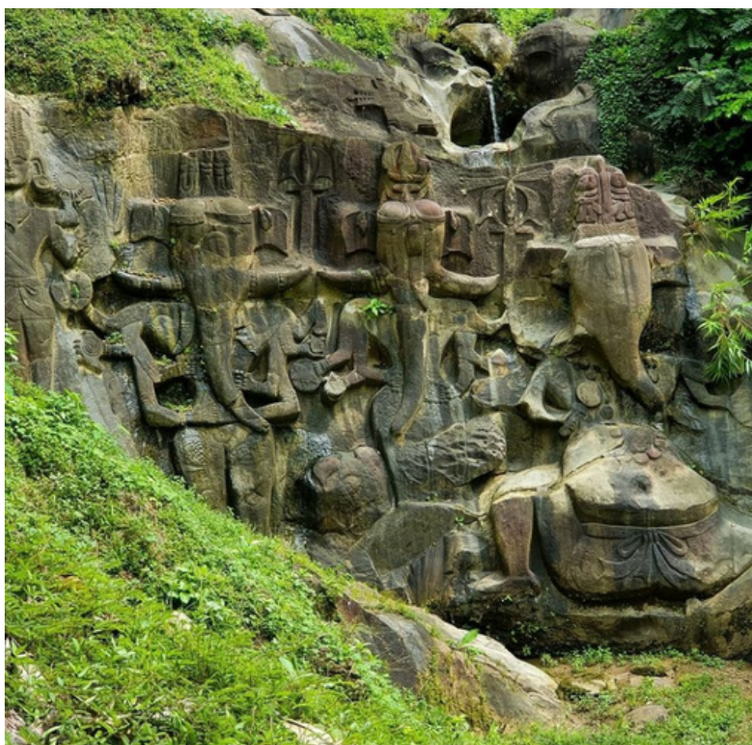
Bara Kaman, Bijapur. It is a renowned historical monument in the city of Bijapur. It is the unfinished mausoleum of Ali Adil Shah II. Its construction started in 1672 but was discontinued due to unknown reasons. It is said that Ali Adil Shah II was murdered on the command of his own father, Muhammad Adil Shah. His father never wanted him to build a more glorious structure than Gol Gumbaz. Presently this unfinished mausoleum houses the tombs of Ali Adil Shah II, his wife, mistresses and daughters. <>

This is one of the coolest places I've ever seen.

Unakoti is an ancient centre of Shaivism in Northern Tripura - a hill jutting out of the jungle, covered in hundreds of stunning carvings. Most were made between the 7th and 9th centuries but some are as early as 400AD - the same time as the last few Ajanta caves were carved into their granite cliff face in Maharashtra. Yet unlike Ajanta these beautiful carvings are so often forgotten in Indian Art History. >>

amazing to know

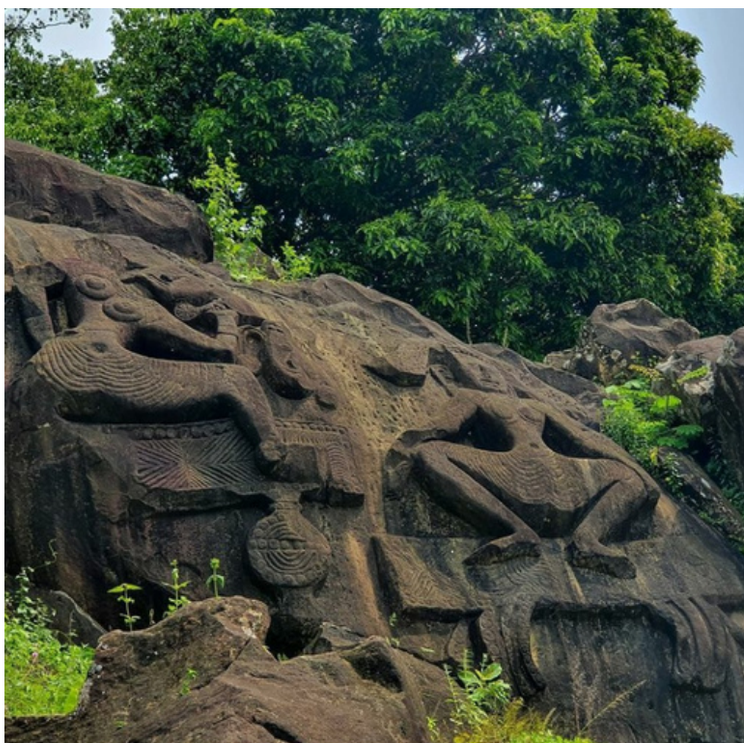
PC & Text: Christopher Joseph



amazing to know

Its still a site of active worship - we saw several sadhus and Brahmins and devotees wandering about - but virtually no tourists seem to make it out here. Our taxi driver told us that I was the first foreigner he had seen in years - indeed Sikkawala was the first person he had brought from outside the North East in months. Its slightly absurd as .. I mean ... look at these things! They're nuts. And yeah I'd never heard of them until I arrived in Tripura. <>

Notice the cute Nandi (picture 1), the Ganga falling on Shiva's matted locks (picture 2) a feminine form of Ganesh (middle of picture 3) and the dancing ladies/yakshis (picture 5).



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Joe Hogan

SENSE OF WONDER WITH NEST ART

Source: Joehogan website

Joe Hogan has been making baskets at Loch na Fooey, Ireland since 1978 and in that time has earned a reputation for making strong, durable baskets of the highest quality. The colours in these award winning baskets are those of the natural willows which are grown at Loch na Fooey.

I have been making nests now since about 2012 but in the last year I have tried to expand the size to include nests of larger birds and this winter of 2020/2021 I made a few really large nests over one meter wide of a size that an eagle might make. The aim has not been to make copies of the nests of various species of birds but rather to make nest-like objects which prompt the feeling that we are looking at a bird's nest and thus evoke some of the feelings of joy and wonder which might accompany the finding of nests in the wild. >>

Joe Hogan

SENSE OF WONDER WITH NEST ART

The nests have an artlessness to them as I do not want it to be obvious that they have been made by a person. I have now built up a sizeable collection of about 80 nests which celebrates the lives of birds and also explores what it it means to be “at home in the world” and I would hope to exhibit them in the next year or two.

The nests vary greatly in size. The smallest is 8 cm in diameter and, as already mentioned, the largest, “ tribute to the eagle” is 1250 mm wide. Material ranges from dried grass for the smallest nests to old heather stems for the largest nests and includes twigs of birch, larch, ash, willow(with and without catkins),contorted hazel, heather, lichened larch, ivy, bog myrtle and dog-wood. >>

Joe Hogan

SENSE OF WONDER WITH NEST ART

This nest making was prompted by a number of things. One was my belief that many of us have lost our natural sense of what it means to be at home here in this world. We have lost the feeling that we are too are part of nature. The lack of this feeling of belonging may explain our failure to properly address the ecological problems we face as a species.

I wanted to make objects that might, in some vague way, rekindle our connection with the world of twigs and stones and remind us of the joyful surprise we might feel when we encounter nature's abundance. Rachel Carson remarked that the greatest gift we can give a child is the gift of “a sense of wonder” and hoped it would be “so indestructible that it would last throughout life”. In the essay Mossbawn Seamus Heaney remarks. >>

“All children want to crouch into their secret nests....I spent time in the throat of an old willow tree...once you squeezed through it you were at the heart of a different life.” But many of us loose this childlike capacity to see the world with wondrous eyes.

Joe Hogan

SENSE OF WONDER WITH NEST ART

The project also seeks to highlight the shocking collapse in bird numbers over the last 20 years and the general loss of bio-diversity that has helped to cause this decline, especially the loss of habitat and the decline of insect life. >>

Joe Hogan

SENSE OF WONDER WITH NEST ART

Our attitude to insects often seems to revolve around how to kill them rather than celebrating them. It is easy to forget how essential insects are for pollination and for helping the process of decomposition. Some of the other ideas which prompted this project are explored in short essays, the first of which, “Making nests 1” is included here. <>

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Art Liberator of KOCHI

TANYA ABRAHAM

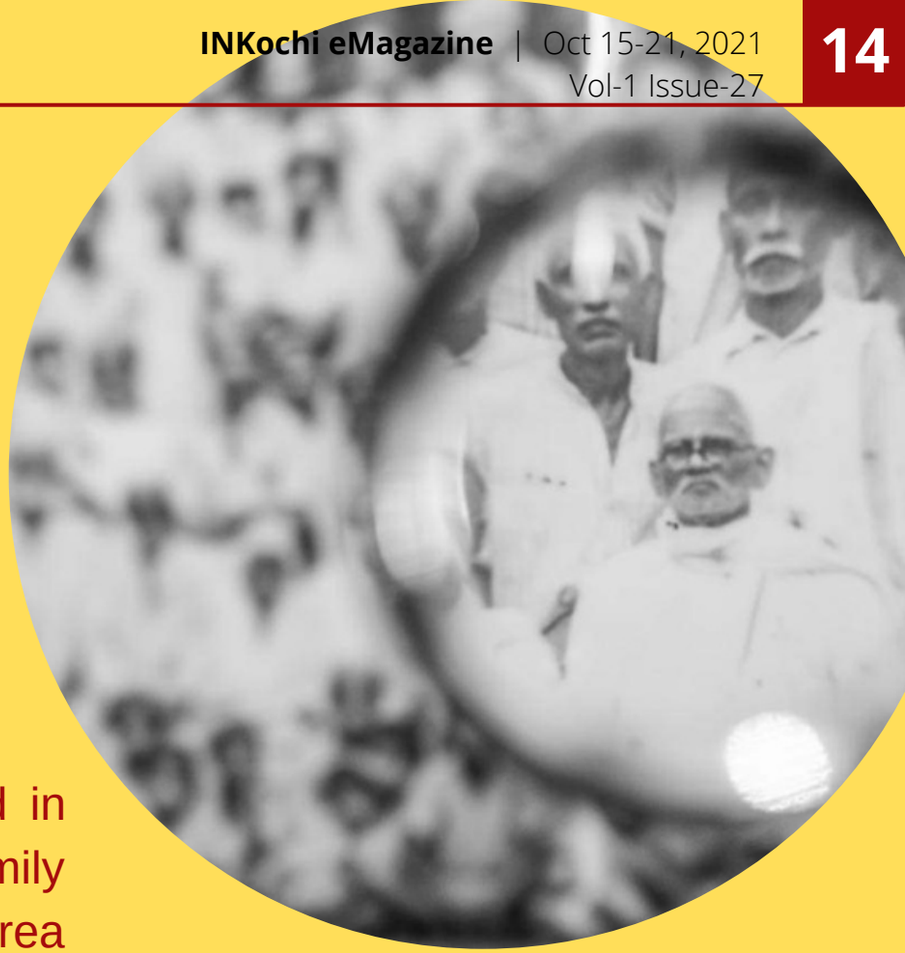
IN CONVERSATION WITH

ALICEN JACOB

Text & Review: Alicen Jacob

Many of our readers have expressed their desire to know more about Kochi through our magazine or rather inquired as to why we don't talk about Kochi much. Considering this, we included the interview of Diana Silvester, the Lady Maestro of Laughter from Kochi by Annie Smitha in our 25th issue. In tune with the thought of introducing Kochi through a persona, this week, again, we are introducing a personality who has explored its multifaceted dimensions.

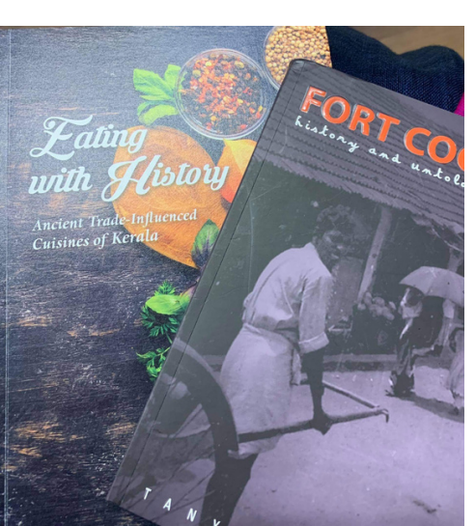
This luminary is someone who walks, talks and eats with the history of Kochi. Her experience cuts across fields, ranging from journalism to art curating to publishing books to being the founder- director of a NGO - TAOS. She is not simply a person who can be contained in the ten pages of her CV. The dimensions of her work are immeasurable and she keeps moving forward with the sky as her limit. She is Tanya Abraham. >>



Art Liberator of KOCHI
TANYA ABRAHAM

Tanya Abraham, born and raised in Fort Cochin, belongs to a family which has been present in this area for the last eight generations. The members of her family had dedicated their lives for the Independence of India and embraced life in all its fullness.

The extremely broad outlook on religion and cultures and the tail end of 100 years in politics, which she witnessed as a child growing up in the family house left a strong imprint on the person she is today. As an individual brought up in such an eclectic atmosphere, whether it be the region or her family, she has been a close observer and participant in the sudden changes which the shores of Kochi has embraced - from the introduction of Kochi Biennale to the rapid changes in the field of tourism. One thing she focussed on from the start was to diligently preserve the memory of this place in all possible ways as evidenced by her book Fort Cochin. >>



After completing her post-graduation from the London School of Journalism (2002), and being active in the field for over a decade and a half, she pursued a M.A. (Honours) in Arts Administration from the University of Kentucky, USA (2017). When enquired about this switch, she says “Art has always been a part of my life. I also come from a family which valued the arts - be it fine writing, visual art, theatre. I recall hours of painting as a child, eventually I realised my forte is in my ability to visualise and narrate things- be it a story or an event.”

Art Liberator of KOCHI

TANYA ABRAHAM

Ever since she officially entered into the field of art, her explorations have expanded in innumerable ways. Her curatorial works have been exhibited in Fort Kochi (Kashi Art Cafe) and Mattancherry since 2010. Tanya’s collaterals done in connection with the Kochi Biennale in 2016 and 2018 were well noted and appreciated. In 2016, “Artist: The Public Intellectual” aimed to project the responsibility and power of artists to become conduits for social improvement; to highlight the role they play as intellectuals in society. She also worked with a Canadian curator Wayne Baedwarlt in 2016, and co-curated an exhibition called “Landscapes and Silence” with Indian and Canadian artists. It highlighted cultural exchange between two countries using the same theme. >>

In 2018 she worked on two projects, both of which were acclaimed. “Red Crown Green Parrot” was a public art project connected to the lost heritage of the Malabari Jews in Mattancherry. It was a fascinating project with an Israeli artist of Cochini Jewish decent and a calligraphy artist from Kochi. The project included a charter walk, songs from the collection of Jewish women’s songs in Malayalam and visual art. The walk involved moving from one public space to another marked by a flying green parrot, which also appears in the songs of the Cochini Jewish women.

COLLATERAL
KOCHI MUZIRIS BIENNALE 2018
RED CROWN
GREEN PARROT
A PUBLIC ART PROJECT REMINISCING KOCHI'S FORGOTTEN JEWISH HERITAGE
MEYDAD ELIYAHU AND THOUFEEK ZAKRIYA
CURATED BY TANYA ABRAHAM
PROJECT LOCATION JEW TOWN, MATTANCHERRY, KOCHI
12TH DECEMBER TO 30TH MARCH 2019
KASHI

Art Liberator of KOCHI
TANYA ABRAHAM

It attempted to recreate, the lost heritage of a community of Jews whose presence no longer exists in Mattanchery, and unearth interesting stories which were forgotten. This project also attempted to highlight the need to preserve certain buildings like the Kadavumbagam Synagogue which fell in the harsh rains a year after the project. The second project done during the same year was “Of Memories and Might”. It was a five women exhibition which spoke of women’s issues and challenges in the society. It aimed at throwing light on taboos and unproductive social structures. >>

Art Liberator of KOCHI
TANYA ABRAHAM

Heritage Conservation is yet another area where her interest lies and something she is passionate about. Tanya was involved in a heritage project which was spearheaded by Swiss architect Karl Damsche from 2004 to 2007. The venture aimed to restore a partly dilapidated building in Fort Kochi, which was then converted into a beautiful functional Old Harbour Hotel.

The team was even nominated for its work by UNESCO in 2010.When asked about how crucial heritage conservation is to Kerala this is what she said, “Preserving heritage is crucial for Kerala, especially since we sell stories in tourism. It helps us also preserve history and culture, and importantly maintain our identity as Keralites wherein lies our uniqueness. If our heritage is lost, we lose the core of who we are as people. This includes buildings, crafts and even food.” >>

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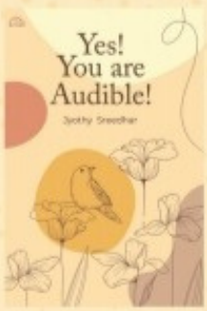

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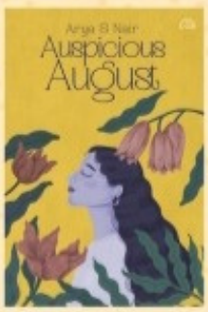

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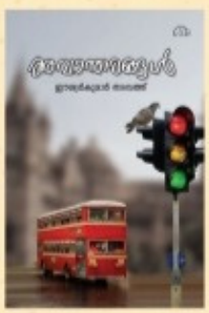

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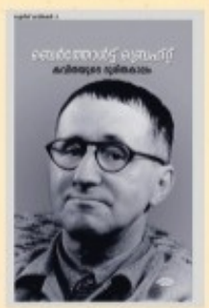

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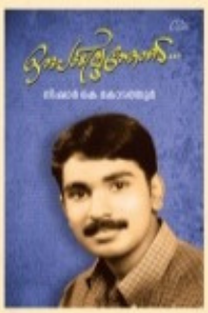

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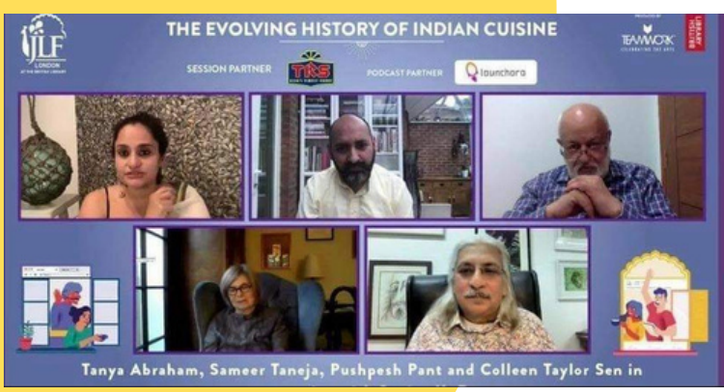
Art Liberator of KOCHI
TANYA ABRAHAM

a person who closely associates with art, one of Tanya's prime concerns was to give back to the society through art. With this in mind she established The Art Outreach Society (TAOS) in 2016. TAOS was founded to facilitate art as a tool to foster an educated, healthy and harmonious community. "I believe that a society changes positively when the arts become part of people's lives…" says Tanya. TAOS is one of its kind in Kerala, where art skills, knowledge and creative exploration is encouraged in less privileged schools in Kochi.

Having experienced solace through creative pursuit such as writing or working with colours herself, Tanya started working with women and children of traumatic experiences. "We visit destitute homes, hospitals and even the prison. Each module we have created is scientific and geared to create new neural pathways in the brain. The work has been immensely successful. Our work is reviewed by the psychology department of Christ University in Bangalore, to monitor the positive impact…"adds Tanya. >>

Art Liberator TANYA ABRAHAM of KOCHI

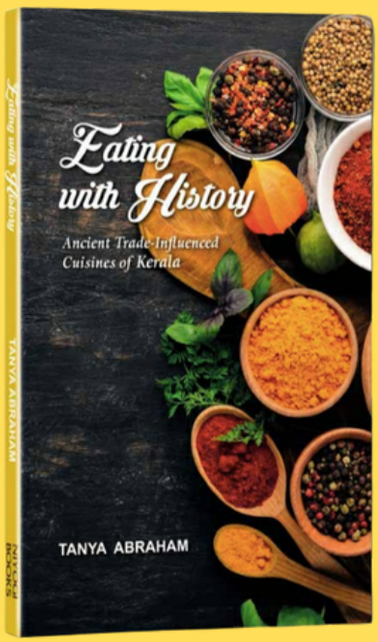
As a journalist, Tanya has associated with well- known publications and has to her credit around five hundred articles on topics such as travel, art, and human interest, interviews, food, and book reviews since 2000. As a writer she has authored two books Fort Cochin (2010) and Eating with History (2020) and contributed to other books as well. She was also invited as a speaker at various events in India (like JLF 2021 – Jaipur Literary Festival, 'KA' - Mathrubhumi Literature Fest 2020, DC Books Literature Festival 2020 to name a few) and abroad (Wilfrid Museum- Israel- 2021, WEN-Birmingham, UK- 2018 etc.).


THE EVOLVING HISTORY OF INDIAN CUISINE
SESSION PARTNER
PODCAST PARTNER
Tanya Abraham, Sameer Taneja, Pushpesh Pant and Colleen Taylor Sen in

Tanya has won many laurels for her contribution in the field of art and social outreach. She won the South India Women Achievers Award 2020 in Art and Culture-Syrafill, Social Innovator Award by E-unnathi, Kochi in 2019, Iconic Women Changing the World Award by Women Economic Forum, Birmingham, UK in 2018, NGO Leadership Award on World CSR Day, Mumbai for The Art Outreach Society (TAOS)in 2018 which are just a few in the long list. >>

Art Liberator of KOCHI
TANYA ABRAHAM

When inquired as to what she enjoys the most – writing a book, curating or journalism, this mother of 24 year old entrepreneur, Tahir says, “I would say writing and art curation because they are both highly creative and requires imagination. Imagination is the power humans have which distinguishes us from the rest of the species in the animal kingdom. Imagination is what helps us create and build, innovate. Creativity for me is getting in touch with the high power or God. It is the expression of God within us!” <>



Review

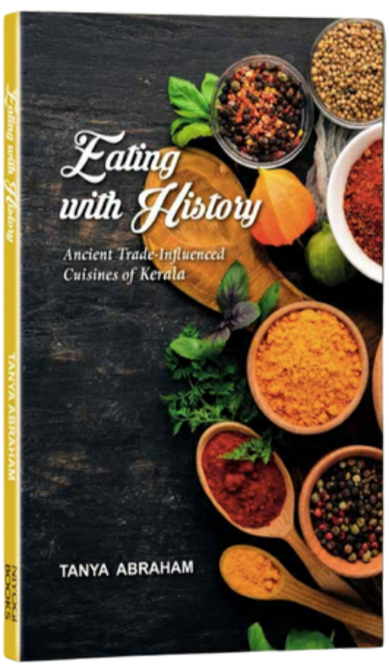
Eating with History
Author: Tanya Abraham
Publisher: Niyogi Books
Review: Alicen Jacob

Tanya Abraham’s Eating with History is not simply a book of recipes but a magnificent journey into the history of food in Kerala. In the very first chapter, Ammama’s Kusinchya , Tanya gives us readers a time-turner and we all turn up as kids in her Grandma Annie Burleigh’s kitchen. We can see her working like a wizard concocting the best lip smacking dishes imaginable whether it is for British Guests, the members of varied communities around her or just her kith and kin. >>

Art Liberator of KOCHI
TANYA ABRAHAM

Review

Kerala from time immemorial has been known as a land which accommodates multiculturalism and this is most reflective in its food culture. The people in this land do not demarcate the type of food they eat. A biryani will be cooked in a Christian household with the same zeal as it is done in Muslim household. A Hindu or a Jew would relish Appam and Fish Molee with the same or even more enthusiasm as a Christian would.



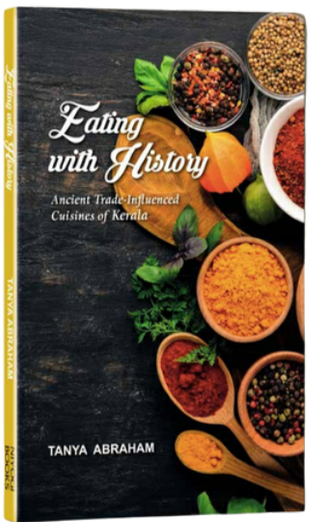
What Tanya attempts to do in the first part of this book is sensitise the readers to the rich history which flavours every mouthful of food we Keralites relish. It tells us in detail about the arrival of the varied communities like that of the Jews, Arabs and the three conquerors i.e. Portuguese, Dutch and the British and the resultant changes it brought in the realm of food. It talks about how the food of these communities was transformed by the spices of the Kerala coast and has adapted to the palate of the people here.

Apart from this, there is also the mention of the Anglo- Indians and the delicate nuances in the recipes of Syrian Christians and Latin Catholics. In short it educates the reader and food lover to not just enjoy the taste of the food one consumes but become aware of the rich warp and weft of cultures which has gone into its making. >>

Review

Art Liberator of KOCHI
TANYA ABRAHAM

Although the first part describes the rich history of Kerala in connection with food, it still leaves the reader salivating with very page. The craving to have a taste of the products of this medley of cultures is fulfilled in the second part. This section is indeed a treasure trove of recipes from all these varied communities.



It is like cruising through the diverse kitchens of the Latin Catholics, Syrian Christians, Anglo- Indians, Malabari/Paradesi Jews and Malabari Mappilas tasting dishes like meen pollichathu, folitz'zh, temparad, alisa with lamb, bebinca and more. The reader surely will not be disappointed at the end of the journey because it succeeds in giving a satisfaction that a good square meal alone can provide! <>

The writer - **Alicen Jacob,** an Assistant Professor in the Department of English, Aquinas College, Edakochi, Kochi, Kerala.

She is an independent writer, cultural commentator, poet and fiction writer on her blog Loner by the Lamppost. In between her roles as an educator, researcher and mother, she loves to dabble her hands in paint and finds cycling relaxing.
Reach at: alicen.ink@gmail.com

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MADHU RAGHAVENDRA (poet and curator) has authored three books of poetry: Make Me Some Love To Eat, Stick No Bills, and Being Non-essential.

He is the founder of Poetry Couture, a movement that has created free spaces for poetry in India. He uses poetry as a tool to advocate human and environmental rights.

He collaborates with global artists to create multidisciplinary poetry experiences.

Opaque

As the silhouette of a fisherman
rows past the evening sun,
Sanga and I talk about
how they write poetry opaquely
like water hyacinths in the wetland
that leave no light for the life in water

and how poetry
is exactly the opposite of that
- a source of light and life.

Poetry is the clear spring
at source, before civilization
steps in it to cleanse its sins

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Her integrity along with her sweet smile, kind heart and her joyful attitude made me purchase more pens from her. She deserves to be celebrated and shared. If you are in MG road, Pune, do interact and buy pens from her. It will definitely bring a smile to your face."

Contribution: Sridhar Shenoy

Roshan's CUCINA

This fish recipe is similar to the consistency and taste of a stew. Not much sour, the Mediterranean spice that has gone into the making is rosemary. The addition of coconut milk keeps the Kerala base of a fish curry. Tastes good with rice as well as bread.

Daisy Roshan Rebera is a food enthusiast. Having grown up in the hill station Valparai, vegetables mean home grown ones and so she advocates for cooking with locally available ingredients with a healthy twist. She is currently teaching English in a college at Ernakulam, Kochi.

Fish curry with a Mediterranean Twist

The recipe

Fish fillets or flat soft fish (pearlspot or pomfret) - 8 pieces
Onion - 1
Ginger - 1 inch piece
Green chilly - 1
Pepper powder - 1 tsp
Oil - 2 tbsp + oil for frying
Rosemary - 1 tsp
Tomato - 2
Coconut Milk / Milk - 1 cup
Salt - to taste

Ingredients for the marinade

Lemon juice - 2 tbsp
Salt - to taste
Pepper powder - 1/4 tsp
Turmeric - 2 pinch

The method

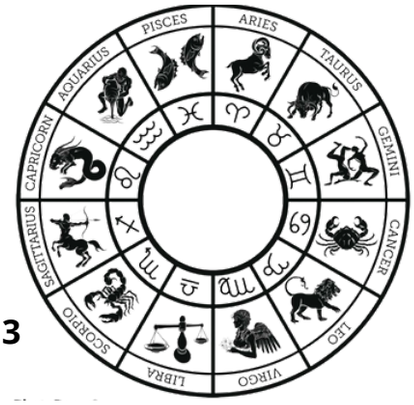
Marinate the fish with the ingredients for the marinade for about ten minutes and shallow fry it.

In another pan heat 2 tbsp oil and stir in the onion. When translucent, add ginger and green chilly. Sauté for a minute and add the tomatoes. Stir till the tomatoes are soft. Add the rosemary and pepper powder and stir for ten seconds and then add the coconut milk / milk. Add salt and mix well. Add the fried fish pieces and simmer for ten minutes. Done.

WEEKLY Tarot Reading

By: Chaitali Mukherjee

https://youtube.com/c/TarotPriestess1313



Your Next 7 Days

Oct 15-21, 2021

You will start a new life cycle now. Fortune will favour you in terms of career and relationships. You will not be feeling very happy though, as you are still recovering from disappointments. Time to heal from past wounds and setbacks.	**ARIES**	**LIBRA**	You are going through a major transformation, something ended for you suddenly. Mental conflict with an authority figure or powerful person is taking place. Get out of self doubts and nervousness the universe is bringing good results.
A new opportunity of love beckons. Time to open your heart to new possibilities and changes. You will have to get out of the nostalgia and past glories to usher in the new positive alterations in life.	**TAURUS**	**SCORPIO**	You are creating your self worth by getting out of a stagnant, non gratifying period of pain and rejection. Now you will be in a good space enjoying sunshine, joy and happiness with family. Success, name and fame is on the cards.
You will be maintaining a status quo, guarding your heart, assets and abundance fiercely, because something or someone will try to tip you off balance. However great inner work put into breaking the shackles will help.	**GEMINI**	**SAGITTARIUS**	Your doubts are unfounded in a situation. Only positive thinking can bring in a positive outcome. When victory is in sight, don't lose faith. A new job, a new contract or a favourable decision is coming your way.
Nothing in life remains stand still, things are ever changing. Your disconnection and boredom will soon change into a cycle of interest and achievements. Don't let the present over sensitivity make you miserable.	**CANCER**	**CAPRICORN**	You will not be in uncertainty any more, seeing your way forward clearly. The feeling of lack and instability will go away. You have learned your lessons and now you will get rid of negative influences. Your days of struggle are over.
You have gone through or will go through an emotional loss and you are suffering in silence. But gradually you will pick up the pieces and come out of solitude. People's love and support will help you make sense of the big changes.	**LEO**	**AQUARIUS**	You will be fair and smart in decision making. The work that went wrong or was a setback will be redone by you. Your clarity will fetch favourable results. You will also walk away from a disappointing love situation.
You are full of love right now looking past your own personal problems and setbacks. Pause and think, don't stifle your own desires, don't judge yourself harshly, all decisions that you made were appropriate at the given time.	**VIRGO**	**PISCES**	A rude shock to your calm and peaceful life will shake you up. A transformation towards giving up toxic and addictive aspects of life will take place. Making way towards a life of positivity, ease and happiness.

To know more about your reading, please watch her YouTube channel - Link in the Homepage

OneWeek OneShot

By:

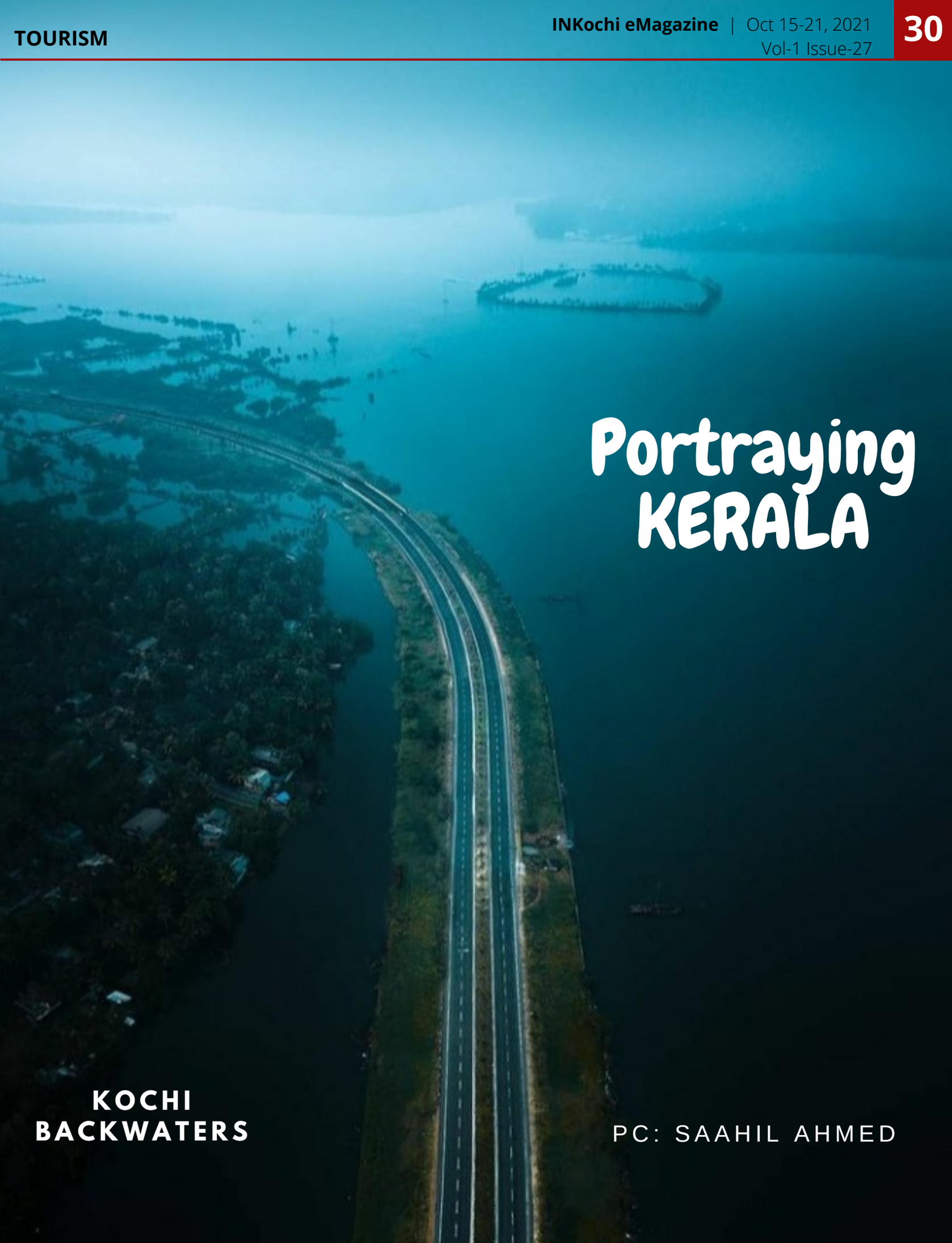
Aarzoo Khurana

Chance Meeting

I found this one sitting calmly on the trunk of a fallen tree in Shimla, and thought of trying to capture it on camera, which is always tricky because vultures are pretty alert, and although they do not attack the intruders all that often, they are scary birds by their size and strength all the same, not to mention their ability to tear the flesh off the bones. But it was not just idling there. It was feeding on a carcass, and it was being continually disturbed by the passing vehicles. The bird would peck on the carcass and would fly up the trees when a vehicle passed, scared. And then return to feed some more.

Himalayan Griffon Vulture. September, 2021.

Gear used: Sony a7riii with 85mm f/1.4



Portraying KERALA

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BACKWATERS

PC: SAAHIL AHMED

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